



Thurrock Swimming Club

Thurrock Regional Qualifier Meet 2019

(Held under ASA Laws and Technical Rules)

Licensed by the ASA for entry into Regional Championships at Level 3 under No. 3ER190014

UPPER TIME LIMITS

BOYS				GIRLS					
9 Years	10 & 11 Years	12 & 13 years	14+ years	Events	9 Years	10 & 11 Year	12 & 13 Years	14+ Years	
39.0	34.8	30.75	27.0	50m Back	39.0	34.8	32.5	30.8	
46.0	40.0	34.5	30.0	50m Breast	46.0	38.7	36.1	34.3	
39.0	33.5	29.0	25.0	50m Fly	39.0	33.3	30.7	28.7	
34.0	29.9	26.6	23.0	50m Free	36.0	30.5	28.5	26.5	
1:22.0	1:14.3	1:05.5	57.8	100m Back	1:16.0	1:13.5	1:08.6	1:05.0	
1:23.0	1:23.0	1:14.0	1:05.6	100m Breast	1:26.5	1:24.5	1:19.0	1:13.2	
1:23.0	1:17.5	1:04.7	59.0	100m Fly	1:16.0	1:15.5	1:08.5	1:03.8	
1:05.5	1:05.4	57.65	51.0	100m Free	1:08.0	1:06.1	1:01.3	57.2	
3:05.0	2:39.6	2:21.8	2:08.0	200m Back	3:15.0	2:37.3	2:25.9	2:22.3	
3:30.0	3:04.0	2:43.1	2:26.0	200m Breast	3:36.0	3:02.1	2:50.3	2:41.6	
3:25.0	2:53.2	2:29.0	2:11.0	200m Fly	3:29.1	2:48.0	2:34.4	2:25.7	
2:47.1	2:21.8	2:06.3	1:53.0	200m Free	2:50.2	2:23.2	2:13.0	2:04.7	
	4:58.0	4:26.7	4:03.5	400m Free		5:00.6	4:40.2	4:29.0	
3:18.0	2:41.8	2:22.9	2:10.0	200m IM	3:15.0	2:42.2	2:30.4	2:23.0	
	5:49.4	5:07.3	4:40.0	400m IM		5:45.5	5:22.1	5:00.6	